

Grace Community Center

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Types of Programs: Grace Community Center is a therapeutic recreation program. All classes are designed specifically for adults with mental disabilities. To participate, individuals must be eligible for and enroll in the GCC Program. All classes are ongoing and free to GCC members. No experience is necessary to participate.

ADULT CLASSES

Aerobics

Free

The purpose of aerobics is to promote cardiovascular fitness, tone and strengthen muscles and increase range of motion. The fabulous Richard Simmons, whose workout style suits all fitness levels, leads this group via video, with the support of GCC staff.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.726	Sa	Ongoing	9:30-10:15am	18+		GC

Anger Management

Free

This specialized group utilizes cognitive behavioral treatment, which provides individuals tangible tools to use in managing anger and stress. The M/Th groups are specifically designed for GCC members and are free of charge. The Wednesday group is a specialized group designed for individuals in the community who are mandated by the courts to attend anger management classes. The Wednesday group is \$20/session. The groups offer a safe forum for expression and learning.

Instructor: Griffin/Zito

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.746	M	Ongoing	1:30-2:30pm	18+		GC
264.3.753	W	Ongoing	2-3pm	18+		GC
264.3.747	Th	Ongoing	9:30-10:30am	18+		GC

Art & Play Therapy

\$120

This specialized program uses art and play therapy techniques, for children ages 6 to 12, who feel sad, angry, or lonely. The children served often have a difficult time making and keeping friends, and/or have trouble concentrating in school. Qualified clinical professionals lead the groups, which are offered at a nominal fee, for one hour a week for ten weeks. Please call Alison at 408-293-0422 for more information.

Instructor: Griffin

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.751	Sa	TBA	TBA	6-12		GC

Art Studio

Free

Art Studio is designed for individuals with limited to extensive art experience. The fundamentals and techniques of art are taught to build expertise and confidence. Various media are utilized, including pastels, charcoals and watercolor. Field trips to local museums and art galleries are periodically scheduled.

Instructor: Cashman

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.701	F	Ongoing	1:30-3pm	18+		GC

Arts and Crafts

Free

Individuals gain self-confidence and enjoyment through completing projects they can take home, give as gifts, or display at the Center. A wide variety of fun and creative projects are offered in this class, including card making, collages, mosaics, doll making and more.

Instructor: Andrews/Yamada

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.708	Th	Ongoing	1:30-3pm	18+		GC

Awareness Plus

Free

This educational class focuses on increasing individuals' awareness of themselves and the world around them. Each week offers a new and interesting topic, which often features guest speakers and facilitators, such as gourmet chefs and health professionals.

Instructor: Andrews

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.734	Th	Ongoing	10:30-12pm	18+		GC

Band Jam

Free

Band Jam is a great chance for musicians of all skill levels to show off their talent or learn a new tune. Anyone who can play a musical instrument from the drums to the cello is welcome to jam with the GCC band. Some instruments are available, including a drum set, electric guitars and basses, acoustic guitars, tambourines and microphones.

Instructor: Zito

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.717	F	Ongoing	2-4pm	18+		GC

Basketball

Free

GCC's basketball program encourages healthy competition for the ambitious player, builds communication and teamwork skills, and promotes fitness and exercise. This time is designed for friendly scrimmages.

Instructor: Cashman

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.720	T	TBA	10:30am-12pm	18+		GC

Basketball Team

Free

Grace's winning basketball team, the GCC Warriors, compete in the City of San José's Citywide Adult Sports Basketball League. The team practices on-site in GCC's full-size basketball gymnasium. Practice is held year round, once a week. For additional playing time, individuals can join the leisure basketball activity on Tuesdays at GCC.

Instructor: Cashman

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.719	M	Ongoing	3-5pm	18+		GC



ADULT CLASSES

Beading Class

Free

In Beading, individuals learn to make beautiful beaded jewelry and decorative pieces for the home. Jewelry making techniques are demonstrated and taught using special tools and materials. Creative design is also taught using a variety of colored plastic, glass, crystal, wood, metal and bone beads. Individuals are encouraged to develop and create their own unique, eye-catching pieces.

Instructor: Montelaro/Berry

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.705	M	Ongoing	10am-12pm	18+		GC

Bingo

Free

Come play a friendly game of Bingo, GCC's participant-facilitated program on Saturdays. Bingo offers a great opportunity for socialization and group cooperation. Players are given two bingo cards and can win up to three bingo tickets a day, which are redeemable for prizes. Prizes are awarded twice a month to all lucky winners.

Instructor: Berry

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.732	Sa	Ongoing	1-2pm	18+		GC

Clothes Closet

Free

The Clothes Closet offers individuals a "thrift store" style shopping experience. All clothes and accessories have been donated by individuals and agencies throughout the community. They have been laundered, and are of good quality. Individuals are provided an opportunity and are encouraged to maintain a clean, healthy appearance, while building a confident self-image.

Instructor: Benitez/Morse

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.742	W	Ongoing	10-11am	18+		GC
264.3.743	Sa	Ongoing	2:30-3:30pm	18+		GC

Community Group

Free

This weekly discussion and study group focuses on local, national, and international issues and events. The group is also a safe place for individuals to discuss issues of daily living in our community. The group offers a supportive, interesting, and educational environment, and is designed to increase individuals' awareness of local, national, and world news.

Instructor: Andrews/Griffin

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.733	M	Ongoing	10:15am-12pm	18+		GC

Creating with Clay

Free

This class allows individuals to reconnect with the earth through the use of clay. Individuals work the clay using various techniques to create a variety of self-directed and facilitator-assisted pieces, while reaping the benefits of expressing and releasing emotion, and increasing self-esteem and creativity.

Instructor: Hoffmaster

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.711	T	Ongoing	10:30am-12pm	18+		GC

Creative Corner

Free

In Creative Corner, individuals are encouraged to express themselves through their art. A variety of tools and materials are available for artistic expression. Each class begins with a demonstration to inspire creativity and discussion.

Instructor: Nguyen

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.709	Sa	Ongoing	1:30-2:30pm	18+		GC

Creative Movement

Free

Using Yoga, individuals learn to perform relaxing, gentle stretches and basic yoga techniques for general health and wellness. The techniques help individuals develop the ability to relax their mind and body, to feel more peaceful and improve concentration skills.

Instructor: Hoffmaster

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.727	W	Ongoing	1:30-2pm	18+		GC

Creative Writing

Free

Creative Writing Group is for individuals who like to write for the sake of expression. Journal writing, short stories, poetry, songs, editorials, and letter writing are among the types of works that are produced. The class is also responsible for writing, designing, editing, and distributing the GCC participant newsletter.

Instructor: Morse

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.735	T	Ongoing	9:30-10:30am	18+		GC

Dances

\$2

The Center hosts a lively dance featuring talented DJs and live bands who perform for the crowd's dancing and listening enjoyment. The dances are held on the second Friday of each month in the gym.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.713	2nd Friday		7-9pm	18+		GC
	each month					

Drama-Rama

Free

This class teaches basic acting techniques through performing short plays. It is designed to give individuals an alternative method of self-expression in a supportive and creative setting. Classic and popular plays are discussed, films are shown periodically and field trips are taken to theatrical plays and movies.

Instructor: Andrews/Morse

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.714	T	Ongoing	1:30-3pm	18+		GC

Drop-In to Grace

Free

This is an evening at GCC devoted to recreation and PLAY. The Center is open for individuals to play pool, Ping-Pong, air hockey, cards, and board games. There are also two big screen TVs for your viewing pleasure and two jukeboxes for your listening pleasure. It is unstructured time for playing, socializing, or just quietly sipping coffee.

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.730	F	Ongoing	6-8pm	18+		GC

ADULT CLASSES

Flying Ladies

Free

Pre-registration is required to participate in this outing. This enchanting all-day outing offers women the opportunity to explore their world with friends. The women collaborate to prepare a nutritional lunch and engage in positive social interaction during excursions to hot spots all around the Bay Area, including museums in San Francisco, the Monterey Bay Aquarium, beaches in Carmel, and countless thrift stores. Transportation is provided and individuals should meet at GCC one half hour before departure. Pre-registration is required due to limited space.

Instructor: Andrews

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.738	W	Ongoing	10-4pm	18+		GC

Games Club

Free

The Games Club encourages individuals to get into the mix and PLAY. Through healthy competition, individuals naturally socialize with their peers. They also build self-esteem, learn how to follow rules of the game, and most importantly they demonstrate fair play.

Instructor: Morse

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.731	Sa	Ongoing	10:30am-12pm	18+		GC

Gardening

Free

GCC's garden area provides a pleasant, peaceful environment within the busy downtown area, with a lovely fountain, shade trees, and beautiful flowers. Individuals experience nature through the flora and fauna of the garden and they learn how to prune, plant, fertilize, and care for plants.

Instructor: Cashman

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.729	F	Ongoing	10am-12pm	18+		GC

Handy Helpers/Adopt-A-Park

Free

These two groups focus on volunteerism within the San José community. The group works in conjunction with the City of San José Adopt-A-Park Program in the effort to maintain and beautify parks within the City. By contributing their time and energy, individuals gain a sense of the larger community in which they live. Transportation is provided and individuals should meet at GCC one half hour before departure.

Instructor: Gonzalez

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.739	F	Ongoing	1:30-4pm	18+		GC

Happy Hour at Grace

Free

Individuals in recovery from mental illness and addiction are welcome to enjoy the evening at Grace. Spend time with friends, and relax in a safe and sober environment. Refreshments are served.

Instructor: Adamski

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.753	W	Ongoing	5:30-7:30pm	18+		GC

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Healing Through Art

\$120

This specialized program is designed for women survivors of abuse and uses art therapy to facilitate deeper therapeutic work in dealing with the effects of abuse. Where verbal therapy leaves off, art offers a creative, symbolic method to work through traumatic memories, physical symptoms, anxiety, depression, eating disorders, and disassociation. The group provides a forum for discussion, feedback, support, and community building for women who are often otherwise isolated. The group is facilitated by clinical professionals with experience in women's issues. Please call 408-293-0422 for more information and to arrange a free initial assessment. Pre-registration is required.

Instructor: Griffin/Hoffmaster

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.752	Th	TBA	6:15-8:30pm	18+		GC
264.3.754	W	TBA	6:15-8:30pm	18+		GC

Healthy House

Free

Healthy House focuses on adopting and maintaining a healthy life style and is designed to promote social interaction and self-awareness. The group begins with aerobic exercise, followed by time for relaxation and meditation. It is concluded with a cup of freshly squeezed juice while discussing a variety of health and wellness topics.

Instructor: Reyna/Morse

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.723	T	Ongoing	10:30am-12pm	18+		GC

Hip-Hop Dance

Free

Dancing is not only fun and lively, it's great exercise. And this it not your typical dance class! The Hip-Hop dancers meet for 30 minutes, first thing Monday morning, to work up a sweat. The latest, greatest dance moves are taught to the beat of your favorite hip-hop tunes.

Instructor: Griffin/Santos

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.722	M	Ongoing	9:30-10am	18+		GC

Just Crafts

Free

This class offers a variety of basic craft projects to fit the season. Individuals find enjoyment, build self-confidence, and gain a sense of accomplishment through completing creative projects they can take home, give as gifts or display at the Center.

Instructor: Morse

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.710	Sa	Ongoing	9:15-10:30am	18+		GC

**ADULT CLASSES****Living With Grace/Meditation****Free**

Living with grace takes practice. This group helps individuals with mental illness and addiction issues explore and learn strategies for living a healthy and balanced life. Developing healthier life-styles takes practice, patience, and a strong support system. Let the Living With Grace group help you find balance in your life.

Instructor: Adamski

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.749	T/W/Th	Ongoing	2-3:30pm	18+		GC

Meditation**Free**

Come explore your inner being through meditation & guided imagery. This class helps individuals build a sense of inner peace and positive thinking, while decreasing stress and increasing an overall sense of health and wellness.

Instructor: Hoffmaster

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.755	T,W,Th	Ongoing	3:15-3:30pm	18+		GC

Men's Club**Free**

Men's Club offers men a safe and comfortable setting to share and express their life experiences, happiness and joys, and/or pain and sorrows. Here, men can engage in positive social interactions over a strong cup of coffee and a light snack. In this group, men form close bonds with peers, voice their thoughts and concerns, and receive positive feedback.

Instructor: Zito

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.750	W	Ongoing	9:30-10:30am	18+		GCC

Morning Tea**Free**

This group offers a safe environment for individuals to make connections, strengthen friendships, and share their lives. Each week the group meets for a cup of tea and a light snack.

Instructor: Berry

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.745	F	Ongoing	9:30-10:30am	18+		GC

Nature Outing**Free**

Pre-registration is required to participate in this outing. The goal of the outing is to enable individuals to access nature and to reduce stress through hiking. Each week the hikers visit beautiful wooded areas, mountains, streams, and bay-lands throughout the Bay Area. The outings encourage an appreciation of natural environments. Transportation is provided and individuals should meet at GCC one half hour before departure. Space is limited, so arrive early.

Instructor: Cashman

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.737	Th	Ongoing	10am-4pm	18+		GC

Night of the Arts**Free**

A portion of the evening is devoted to the study of works by famous artists. These studies offer inspiration for individuals to complete the evening's art project. Instruction and various media are available, including pastels, charcoals and watercolor. Field trips to local museums and art galleries are periodically scheduled.

Instructor: Andrews

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.704	T	Ongoing	6-8pm	18+		GC

Show Time**Free**

Come see the latest video releases and popular classics shown on GCC's big screen TV. Snacks and refreshments are also served.

Instructor: Gonzalez/Morse

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.715	Th	Ongoing	6-8pm	18+		GC
264.3.716	Sa	Ongoing	2-4pm	18+		GC

Open Studio**Free**

Open Studio is an artistic space available for artists to work on long-term, individual projects in a quiet and creative environment. A variety of materials are made available for individuals to explore their creative potential at their own pace. Guidance and art instruction are available.

Instructor: Zito/Benitez

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.702	T	Ongoing	10am-12pm	18+		GC

Project Pride**Free**

This group is designed to give the individuals the opportunity to learn team building skills, develop confidence in their work and take pride in their Center by becoming involved in various aspects of Center maintenance. These wonderful volunteers help to ensure a safe and clean environment for all GCC participants. They are proud of their work and have a greater investment in the program.

Instructor: Gonzalez

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.740	W	Ongoing	10am-1pm	18+		GC

Recreation Hour**Free**

If you love to play games, join the fun during Recreation Hour at GCC. Take your pick of Ping-Pong, Billiards, or Air Hockey and learn to play, practice skills, or start your own tournament.

Instructor: Benitez

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.728	S	Ongoing	1-2pm	18+		GC

Safe Circle**Free**

This is a 10-week activity-based program designed for women with mental disabilities who are survivors of abuse. Safe Circle's goal is to reduce re-victimization and increase personal safety by building safety skills and improving self-esteem, communication, and healthy daily habits. Safe Circle meets Monday evenings. Dinner and transportation are provided. Pre-registration is required.

Instructor: Reyna/Teerman

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.744	M	TBA	3-6pm	18+		GC

ADULT CLASSES**Sewing****Free**

This class is geared toward all levels of sewing ability, from novice to experienced. Individuals are encouraged to use their creative skills and make a variety of projects, including pillows, cosmetic or tote bags, stuffed animals, aprons, clothing and holiday gifts, all on high quality, easy-to-use sewing machines. They can also mend, hem, and make minor repairs to clothing with the help of experienced class facilitators.

Instructor: Reyna/Yamada/Morse

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.706	T	Ongoing	12:45-3pm	18+		GC
264.3.707	Th	Ongoing	9:30am-12pm	18+		GC

Softball**Free**

Softball has always been a favorite pastime at GCC. The GCC Chiefs, GCC's talented softball team, play in the City of San José Citywide Adult Sports Softball League every summer. The team is comprised of GCC Members and staff, and practices are held each week at a local park or ball field. Game times and locations TBA.

Instructor: Cashman

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.721	T	Seasonal	TBA	18+		GC

Stained Glass**Free**

All phases of the art of stained glass are taught in this class, including project design, glass cutting and shaping, lead soldering and glass cleaning. A variety of colored and textured glass is available. Space is limited.

Instructor: Cashman

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.703	T	Ongoing	1-3:30pm	18+		GC

Story Telling**Free**

Story telling provides a nurturing experience for all. Set in a cozy and inviting area of the Center, the group listens to classic tales written by famous authors, as they are read by the group facilitator or participants.

Instructor: Hoffmaster

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.736	Th	Ongoing	12:45-1pm	18+		GC

Stretching**Free**

Come take a morning stretch to refresh and renew. Stretching relieves muscle tension, improves circulation, and increases range of motion. It is a healthy way to begin an active day.

Instructor: Santos

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.725	F	Ongoing	9:30-10am	18+		GC

Tasteful Living**Free**

Come enjoy the finer things in life! Spruce up your look - learn how a change of clothing or hair style can transform your attitude and personality. Add some flavor to your life - learn basic cooking skills and table etiquette. This class teaches ways to enhance your lifestyle. Check it out.

Instructor: Andrews/Berry

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.724	M	Ongoing	1:30-3pm	18+		GC

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The Entertainer**Free**

The Entertainer is a two-hour "talent show" that welcomes all talents. Individuals bring a song, story, poem, dance or joke to share with their peers. Using the GCC's jukebox, karaoke player and microphone, entertainers dazzle the audience with original works and popular music selections.

Instructor: Zito/Berry

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.712	F	Ongoing	10:30am-12pm	18+		GC

The New You Salon**Free**

The Salon offers hair washing, cutting, and styling by appointment only. Manicures and nail polish change are also available by appointment only. The Salon program provides a fun and casual atmosphere for socialization and education. Individuals learn the importance of personal hygiene and healthy grooming skills, and are provided an opportunity to maintain a clean and healthy appearance while building a confident self-image.

Instructor: Reyna/Berry

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.741	F	Ongoing	1:30-4pm By Appointment Only	18+		GC

Up in Smoke**Free**

This specialized group offers education and support for individuals who want to quit smoking or radically reduce their dependence on nicotine. Due to the nature of GCC's participants' mental health issues, they rely primarily on the availability of regular group support in an effort to gain greater control over their habit.

Instructor: Adamski

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.748	T/W/Th	Ongoing	10:30am-12pm	18+		GC

Weight Training**Free**

Through personalized instruction and demonstration, individuals learn the importance of regular exercise and safe, effective techniques for achieving individual health goals. Individuals learn toning and strengthening techniques on GCC's state of the art weight machine.

Instructor: Santos

Course#	Day	Date	Time	Age	Mtg.	Loc.
264.3.718	T	Ongoing	1:30-3pm	18+		GC

SPECIAL EVENTS**Annual Valentine's Dance****\$2**

Join us for an evening to celebrate Valentine's Day. Put on your fancy clothes and bring your special someone. Refreshments and snacks will be served.

Course#	Day	Date	Time	Age	Loc.
	F	2/13	7-9pm	18+	GC